

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.74 22
928W262

WAR FOOD ADMINISTRATION
Office of Distribution

511-513 U. S. Court House
Phone 2-1365

Fort Worth, 2, Texas
March 2, 1944

WARTIME FOOD BULLETIN

Since March 4 ends the period for which cabbage was designated a Victory Food Special, it might be well to look around and see what other vegetable should require our special attention.

The country as a whole has a very large stock of old potatoes on hand, from the record crop we produced last year, and now that new potatoes are being produced in considerable volume and as this will continue to increase as the new sections come into production, it is up to us to use up this old crop before the heavy producing Northern States come into production again. This will be helping the War effort and ourselves as well, as potatoes are low in price.

There are so many ways these potatoes can be used. Those large Idaho Russets you will find best for baking, but for boiling the main varieties we have in this section now are Colorado Red McClures and some Cobblers and Rurals. And while we are on the subject, the whole-sale trade say it is hard to sell number two potatoes. As you probably know, there is no difference in content between the number ones and the number twos. They both contain the same amount of protein, sugar, starch and iron, and three of the vitamins we need every day to help keep us in shape to do our war work, A, B1, and C.

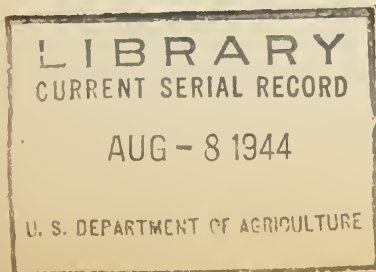
Home economists tell us that potatoes boiled in their jackets hold twice as much vitamin C and three times as much vitamin B1 as those without.

Potatoes can be used in soups, salads, stews and many other ways besides the main dish. Keep this in mind when you go to market this weekend.

Furnished by Charles D. Sherman, Federal Food Reporter.

After five days return to
War Food Administration
511-513 U. S. Court House
Fort Worth, 2, Texas
OFFICIAL BUSINESS

Penalty for private use to avoid
payment of postage \$300



WAR FOOD ADMINISTRATION
Office of Distribution

511-513 U. S. Court House
Phone 2-1365

Fort Worth 2, Texas
March 9, 1944

WARTIME FOOD BULLETIN

The best buys on the local wholesale fruit and vegetable market this week continue to be cabbage, potatoes, beets, carrots, turnips and all kinds of greens.

Grapefruit, while a little higher in price, is the best buy in fruit. There continue to arrive a few carloads of apples, which are divided among most of the stores so that they are available to the greatest number of consumers. This also applies to bananas, although they have been a little more plentiful than apples lately.

There are good supplies of both Texas and California oranges which have increased to near ceiling prices.

Onions, which are practically impossible to find now, should begin to be available again about the end of the month when the harvesting of the new crop will start.

Lettuce, a good buy, has been selling at its lowest level since last summer for the past couple weeks, but is slightly higher the last day or so.

A few strawberries made their appearance again this week both from Texas and Florida, and there were heavier supplies of Florida snap beans, peppers, eggplant, white and yellow squash and some tomatoes and new potatoes, with most of them fairly high in price.

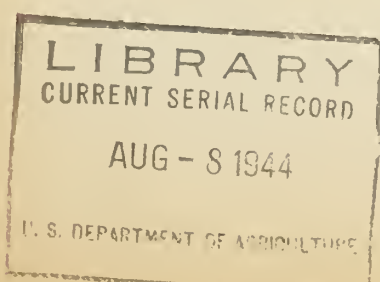
Green peas coming now from Mexico are large and very good quality and not too high priced.

Celery from California and Florida is plentiful on the market and selling at steady prices. Use it freely in your salads and soups as there are not very many other salad vegetables on the market at this time.

Furnished by Charles D. Sherman, Federal Food Reporter.

After five days return to
War Food Administration
511-513 U. S. Court House
Fort Worth, 2, Texas
OFFICIAL BUSINESS

Penalty for private use to avoid
payment of postage \$300



1944 22
728 W 262

WAR FOOD ADMINISTRATION
Office of Distribution

511-513 U. S. Court House
Phone 2-1365

Fort Worth 2, Texas
March 16, 1944

WARTIME FOOD BULLETIN

With very little change in the prices on the local wholesale fruit and vegetable market, the best buys are about the same as they were last week. Cabbage, carrots and old crop potatoes need your attention, as there are large supplies of these vegetables in the producing areas that should be used up to keep them from going to waste.

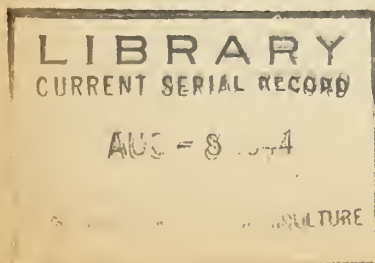
To help keep our vegetable line complete we are receiving moderate supplies of Florida snap beans both green and wax, eggplant, peppers, new potatoes, squash both yellow and white, tomatoes and a few strawberries, cucumbers and English peas. With ceiling prices on most of these vegetables at the shipping points, and specified markups until it reaches the consumer, the price being paid by the housewife is very reasonable even on the scarcest items.

Lettuce increased in price this week but much of it is still selling below ceiling prices. This was the only commodity that showed any advance to speak of. California oranges were a little lower, but are still selling in the higher price class. Temple oranges and tangerines are about gone for the season although there were a few of each on the market this morning when your Federal Food Reporter made his rounds. Grapefruit, both Texas and Florida is at about its peak in quality now, it having about reached its most mature state. A little later when the trees start heavy growth for the new crop, the fruit remaining on the tree starts to get puffy and loses some of its juice, and much of its flavor. In selecting grapefruit for quality pick out the heavy, smooth skinned ones with a bright appearance, and a little flattened from stem to blossom.

Furnished by Charles D. Sherman, Federal Food Reporter

After five days return to
War Food Administration
511-513 U. S. Court House
Fort Worth 2, Texas
OFFICIAL BUSINESS

Penalty for private use to avoid
payment of postage \$300



1944
2-5 W 207
491

WAR FOOD ADMINISTRATION
Office of Distribution

511-513 U. S. Court House
Phone 2-1365

Fort Worth, Texas
March 23, 1944

WARTIME FOOD BULLETIN

Now that Spring is here, it seems natural to see the large supplies of all kinds of vegetables that are sold each day on the local wholesale fruit and vegetable market. Fruits other than citrus are naturally short at this time of year, but we do have bananas and light supplies of apples and avocados. Citrus prices remain about the same and full advantage should be taken of these fruits while they are at their best.

The best buys in vegetables are cabbage, carrots, beets, turnips and potatoes, but many of the others are good buys also. Lettuce was slightly lower again; all greens remained about the same; salad vegetables such as endive, celery, parsley and radishes are moderately priced. There are heavier supplies of asparagus, broccoli, cauliflower and strawberries than for some time, and as the strawberry season is just getting started good we can expect to see plenty of berries on the market soon with somewhat lower prices.

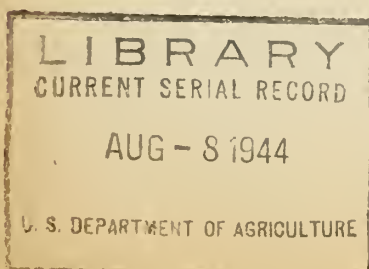
The first snap beans from South Texas since the January cold weather arrived on the market yesterday, and they are expected to increase in volume right away and will be lower in price than the ones that we have been getting from Florida because of the difference in the freight rate.

The consumption of cabbage was considerably increased the first of the month when it was designated a victory food special, thereby saving a large amount from going to waste, but that consumption has since dropped off, so we suggest that you housewives can complete a job well started by using a somewhat larger amount of cabbage during the next few weeks. This will be greatly to your advantage because of the low cost as well as your getting so many of the vitamins necessary for good health.

Furnished by Charles D. Sherman, Federal Food Reporter.

After five days return to
War Food Administration
511-513 U. S. Court House
Fort Worth 2, Texas
OFFICIAL BUSINESS

Penalty for private use to avoid
payment of postage \$300





WAR FOOD ADMINISTRATION

511-513 U. S. Court House
Phone 2-1365

Fort Worth, Texas
March 30, 1944

WARTIME FOOD BULLETIN

As we told you three weeks ago those onions which all of us have been waiting for are back on the market, and have been since the first of the week. Of course these are mixed sizes and not of the finest quality and are high in price as is nearly always the case when the first lots of any new crop reach the market, but in a very few days the quality will be of the best and prices will be back near normal. My! won't those next hamburgers taste good? The indicated plantings of onions for 1944 in all states are approximately fifty percent greater than was planted in 1943. This is the way Agriculture tries to give us what we like and want.

The best buys on the market this week are snap beans, cabbage, carrots, potatoes, spinach and tomatoes. Beans from South Texas are much lower in price than those that have been shipped in from Florida, and tomatoes have decreased in price also. Other good buys are beets, broccoli, cauliflower, celery and turnips. Lettuce holds about steady, squash is lower in price, asparagus is more plentiful and reasonably priced. More Louisiana strawberries arrived; but are still high priced; a few english peas from South Texas were on the market but supplies of these are not expected to be heavy any time soon; new potatoes from Texas are arriving now in fair quantities, and will increase from now on.

Grapefruit, the buy in fruits, is steady in price. Other fruits remain about the same and no material change is looked for either in the kinds, quantities or price in the near future.

Don't forget your citrus when you go to market this weekend and we recommend cabbage, old potatoes and tomatoes because of the large supplies on the market and low price.

Furnished by Charles D. Sherman, Federal Food Reporter.

After five days return to
War Food Administration
511-513 U. S. Court House
Fort Worth 2, Texas
OFFICIAL BUSINESS

Penalty for private use to avoid
payment of postage \$300

